The NHS Natural Health School is dedicated to Denise Craven.
A truly inspirational lady, who shared and supported our dream to develop a new generation of expert, Complementary Therapists for the future.
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You matter most
Please note that this is not an exhaustive course list.

Please check our website for new dates and courses available:

nhsnaturalhealthschool.co.uk

nhsnaturalhealthschool.co.uk         Email: natural.healthschool@hdft.nhs.uk

@nhsnaturalhealthschool       Facebook  @HarrogateNHSFT
Within our modern NHS, the most effective care is achieved through team work. We know from experience, that when Complementary Therapies are integrated into patient care we are able to deliver safe, high quality care which fulfills the needs of even the most complex of patients. By welcoming you into the multi-disciplinary care team, we not only prepare you as a confident, competent practitioner ready to meet the needs of a demanding industry, but we are able to support the provision of specialist care for a wide range of patients and clients who otherwise would miss out on beneficial treatments.

**YOU MATTER MOST**

NHS Natural Health School, Harrogate and District NHS Foundation Trust

Rated ‘outstanding’ by the Care Quality Commission for caring services, Harrogate and District NHS Foundation Trust cares for the population in Harrogate and the local area as well as across North Yorkshire and Leeds. We also provide children’s services in County Durham, Darlington, Middlesbrough and Stockton-on-Tees.

Complementary Therapies have been provided as an important part of the multi professional support offered to patients receiving cancer treatments, and their families for many years. Utilising skilled and experienced complementary therapists we offer a wide range of therapies to support our patients from diagnosis, through treatment, and living with issues related to cancer survivorship. Our mission is to support each individual; mind, body and spirit in their cancer journey.

Our wealth of experience and knowledge informs and guides not only our care, but the training we provide. Our mission statement ‘You matter most’ applies not only to our patients and visitors but to each individual student wherever you are in your learning programme. We extend the specialist skills and experience of our practitioners, bringing to you high quality, evidence based training in Massage, Aromatherapy and Reflexology. Our qualifications are not only awarded at Level 3 by the International, Therapies Examination Council, but carry full Harrogate NHS Trust approval.
The Sir Robert Ogden Macmillan Centre

The Sir Robert Ogden Macmillan Centre (SROMC) is part of Harrogate and District NHS Foundation Trust (HDFT NHS Trust). It serves the population of the Harrogate district and the rural dales, providing cancer treatments and supportive care services. The SROMC is a purpose built centre, opened in 2014 and treats over 500 new patients each year. The types of cancer treated within the SROMC are recognised by the National Cancer Intelligence Network as the common cancers, breast, colorectal, lung and prostate (Public Health England 2015). The centre treats patients with a number of less rare haematological malignancies requiring day case or outpatient chemotherapy. Health and Wellbeing Services are also provided offering a range of multi-disciplinary advisory, practical and self-management support for both hospital and community patients, carers and healthcare professionals who are affected by a cancer diagnosis.

One of these support services is the SROMC Complementary Therapy Service. Our highly qualified therapists offer a course of FREE treatment to patients and carers affected by a cancer diagnosis following referral by their healthcare professional.

The SROMC Complementary Therapy Service is funded purely through the charitable donations we receive. All profits generated from the activities of Harrogate NHS Complementary Therapies School are used to provide free care for patients within the Sir Robert Ogden Macmillan Centre. Working within a framework of clinical governance which supports staff and partner organizations in delivering a programme of care underpinned by evidence-based ethical practice, helps us to achieve status as one of the top performing trusts every year.
Not Just For Cancer Patients

Working with cancer patients is not for every complementary therapist, but we believe that the core skills we teach are transferable to all; young or old, with specialist health care needs, or for those who access therapies for relaxation and to support day to day general wellbeing. Whatever your particular career goals, we will help you to achieve your very best potential, excelling within a competitive industry.

We Are Unique!

We are the first NHS Trust approved Complementary Therapy School. We achieved this by taking the core values of patient care and applying them to our learners.

We know that each student is an individual, with individual needs and have developed unique courses that enable everyone wherever you are in your development to gain the skills to succeed. We do this by keeping classes small, only using teachers and tutors with extensive experience in their chosen topics, and best of all by working closely with partner organisations, to offer you the most relevant practical experience in the therapies you will be learning.

This means that when you train with us, you gain vital insight into how complementary therapy can be used with a wide range of clients, from those seeking general wellbeing, to patients receiving care for complex health problems. Don’t forget that the emphasis is on what YOU need, so placements and work experience may be offered in a variety of settings but YOU get to choose how much, or little, to get involved.

Just as with our patient care; You Matter Most!
Choosing the right course for you

There are so many complementary therapy courses available, so choosing a course that will help you to feel ready for practice is essential. Our focus is not just on the theory learning, we understand that to prepare you for your career, the right level of practical experience is essential. Training within an NHS school prepares you for practice with a wide range of clients and helps you to gain a thorough understanding of how disease and medicine can impact on your practice, maximising benefits while minimising risk.

All of our diploma courses are accredited by ITEC (International Therapies Examinations Council) and meet the requirements of the Regulated Qualifications Framework (RQF). This means that our courses fulfill the requirements set within the National Occupational Standards, but go far beyond that. Our graduates are trained to the standard required to allow them full membership of the CNHC and FHT, both approved by the Professional Standards Agency to hold a register of approved practitioners, vital for those wanting to work within the complementary therapies industry.

We also award our graduates an NHS quality assured certificate which demonstrates to future employers that they have exceeded the minimum competency requirement to provide therapies within an NHS health care setting.

All of our diplomas are modular, so that they fit comfortably within your busy life. You can complete a full time diploma in Complementary Therapies, study for a diploma in a single therapy, or simply complete a module at a time in order to build credits towards a full diploma. The choice is yours!

Once you have completed your diploma, we offer a vast range of workshops and short courses to help you to build on your knowledge and develop your career. From fun one day workshops and interest days, to highly specialised training in the care of complex patients we will continue our commitment to your learning journey. All of our courses include a range of competencies to meet the requirements of the NHS Knowledge and skills framework, making them the perfect start to a career within a healthcare setting.
Think this may be for you?

Complementary therapies are more widely known and accepted throughout the UK than ever before. Many hospitals, hospices and GP practices, now offer patients access to some services, and the general population are increasingly seeking skilled practitioners to support their wellbeing.

Our diplomas are for anyone with a desire to use complementary therapies in a safe, skilled and competent way in order to support clients and/or patients.

Designed to meet the needs of learners with no previous experience, we also welcome qualified therapists who would like to refresh or upgrade their skills. Those already working in a related profession may be eligible for accreditation of prior learning so may be exempt from some modules.

Ideally you will have the equivalent of five GCSEs at grades A-C. However, we see maturity as an asset too and the right personal qualities are just as important. So if you are seeking to develop a new career don’t let a lack of formal qualifications put you off. Come and speak to us and we will see how we can help you.

All RQF courses are modular and therefore structured to be flexible. However much, or little time you have we will help you tailor make a programme to help you to achieve your qualification. And remember; our tutors have many years of experience, we understand that studying with a job and family is very different to being at school so our courses are designed to work around your busy life.

Once you apply for a place you will be invited for an interview where you will have the opportunity to discuss and resolve any concerns you may have.
Diploma courses designed around you: ‘You matter most’

Each Diploma involves both theory and practical learning. As well as the classroom and placement time, you will be expected to read, research and complete assignments relevant to your therapy. All therapy courses also have case studies and practice for you to complete outside of the classroom.

We keep class sizes small, so there is plenty of time for you to receive individual attention and the support appropriate to your needs. We are committed to the development of confident, expert practitioners, able to provide high quality care. With an emphasis on self-care, you will take part in class practice allowing you to benefit from the therapy you will be learning. This not only gives you a great insight into how treatment feels but supports your own wellbeing too.

Our tutors are not only passionate about their subjects, but experienced in integrated health care so bringing therapy to life. We offer work place experience (optional) with patients under supervision within a number of care environments, so theory and practice can come together in a seamless way making you truly fit for industry.

All this may sound daunting, but the courses are designed to fit into your busy lifestyle and use many techniques to make sure that learning is fun. And remember, once you have completed a therapy diploma, you may be exempt from some of the theory learning for further diplomas, reducing not only the workload but also the cost.
Diploma and Awarded training

ITEC Level 3 Core Units

Within each therapy diploma there are three compulsory (core) units and one optional unit. Assessed by assignment, the core units attract points which may be transferred to future diplomas so the study, assignments and fees do not have to be repeated.

ITEC Level 3 Certificate in Anatomy, Physiology and Pathology

A theory based qualification, this module is a pre-requisite for most complementary therapy diplomas. Although the module is integral within the therapy diplomas, you can study as a stand-alone unit as preparation for related higher education courses, or for those preferring to gain single modules to build a diploma over a longer period of time.

Course content: In depth study of the 11 systems of the body and related pathologies (diseases)

Assessment: Externally assessed 50 question multiple choice test. Assignment for stand-alone qualification

Course Duration: This course runs over 8 days commencing October 2018

Principles & Practice of Complementary Therapies

Theory learning delivered over 1 full day which explores the historical origins and philosophies of complementary therapies. You will also discover how eastern medicine differs from the western biomedical approach and how the two can effectively come together to provide care within our health systems. A second day is optional and forms part of the NHS competencies based practical placement. Day 2 looks specifically at the skills required to provide complementary therapies within hospitals and related health care settings.

Assessment: You will provide a short written report which explores 4 therapies in detail.
**Business Practice for Complementary Therapies**

Theory learning over two full days, you will learn how to prepare a business plan for your own complementary therapy practice. For those intending to integrate therapy into an established practice such as the NHS, you will learn vital skills to enable you to properly cost and seek funding for your service, turning your dreams into a reality.

**Assessment:** Prepare a business plan.

**Optional Module**

**Healthy Eating & Wellbeing for the Complementary Therapies Client**

This optional unit comprises of theory learning over 2 full days. You will be able to identify the macro and micro nutrients essential to health and using a range of guides and tools you will establish the components of a healthy diet and learn to recognize the impact of a poor diet on client health. This can be taken as a stand-alone award.

**Assessment:** Prepare a healthy eating plan for your client.
ITEC Level 3 Diploma in Reflexology

Content: A combination of theory and practical modules designed to equip the learner with the skills required to provide Reflexology treatments for a wide range of clients. On successful completion of the course you will be able to register with the relevant regulatory and professional associations and gain full insurance to practice.

Course content includes:

- explore the history and origins of Reflexology
- explore the use of various mediums used in treatment including waxes, balms, powders and oils
- explore the philosophy of holism and its role within western bio medicine
- reading the feet/ hands and mapping the reflex points
- relevant anatomy, physiology and pathology
- managing a wide range of conditions
- legal implications
- cautions and contraindications
- assessment and client care
- practical reflexology skills and routines
- treatment planning

Assessment: you will produce evidence of 30 Reflexology treatments, 72 in-depth case studies and complete a practical assessment.

Course Duration: Attendance is required at 8 Reflexology technical days over 12 months, during which time you will demonstrate a minimum of 100 practical hours.

Special notes:

The core modules; Anatomy, physiology and pathology, Business practice and Principles and practice of complementary therapy are normally completed concurrently as part of the diploma.

Learners who already have a level 3 diploma in a complementary therapy may be exempt from the core modules.

A first aid certificate is required prior to completion of the diploma.
ITEC Level 3 Diploma in Aromatherapy

**Content:** A combination of theory and practical modules designed to equip the learner with the skills required to provide Aromatherapy treatments for a wide range of clients. On successful completion of the course you will be able to register with the relevant regulatory and professional associations and gain full insurance to practice. Course content includes:

- explore the history and origins of Aromatherapy
- explore the philosophy of holism and its role within western bio medicine
- explore the concept and use of plants as medicines including how essential oils are extracted from plant material
- origins and uses of 42 essential oils including relevant botany, chemical constituents, indications and contraindications to use
- origins and uses of carrier oils and lotions including relevant botany, indications and contraindications to use
- methods of application including inhalations, skin creams and lotions, compresses, baths and massage
- synergy, blending and preparing the oils for use
- relevant anatomy, physiology and pathology
- managing a wide range of conditions
- legal implications
- cautions and contraindications
- assessment and client care
- practical massage skills and routines

**Assessment:** you will produce evidence of 40 Aromatherapy treatments, 20 in-depth case studies, 15 essential oil profiles and complete a practical assessment.

**Course Duration:** Attendance is required at 9 Aromatherapy course days over 12 months, during which time you will demonstrate a minimum of 100 practical hours.

**Special notes:**
The core modules; anatomy, physiology and pathology, business practice and principles and practice of complementary therapy are normally completed concurrently as part of the diploma. Learners who already have a level 3 diploma in a complementary therapy may be exempt from the core modules. A first aid certificate is required prior to completion of the diploma.
ITEC Level 3 Diploma in Holistic Massage

**Content:** A combination of theory and practical modules designed to equip the learner with the skills required to provide Massage treatments for a wide range of clients. On successful completion of the course you will be able to register with the relevant regulatory and professional associations and gain full insurance to practice. Course content includes:

- explore the history and origins of Massage
- explore the philosophy of holism and its role within western bio medicine
- explore different types of massage and their role within client management
- explore massage medium including oils, creams, powders and waxes
- relevant anatomy, physiology and pathology
- managing a wide range of conditions
- legal implications
- cautions and contraindications
- assessment and client care
- practical massage skills and routines

**Assessment:** You will produce evidence of 20 treatments and 16 massage case studies and complete a practical assessment.

**Course Duration:**
Attendance is required at 8 massage specific days over 12 months, during which time you will demonstrate a minimum of 100 practical hours.

**Special notes:**
The core modules; Anatomy, physiology and pathology, Business practice and Principles and practice of complementary therapy are normally completed concurrently as part of the diploma.

Learners who already have a level 3 diploma in a complementary therapy may be exempt from the core modules.
A first aid certificate is required prior to completion of the diploma.
ITEC Level 3 Diploma in Complementary Therapies

Learners who aim to offer a full range of complementary therapies to their clients can complete a full diploma. This includes each of the core units and three technical modules;

- Anatomy, Physiology and Pathology
- Business Practice for Complementary Therapists
- Principles and Practices of Complementary Therapies
- Healthy eating for the complementary therapies client
- Level 3 Aromatherapy
- Level 3 Holistic Massage
- Level 3 Reflexology

Course Duration:
Attendance is required at each of the above units and can be completed over 1 year as a full time course. Please be aware that we would only recommend this for learners who are able to commit to this as a single occupation for the full year as the work load is demanding. For those learners who would like to achieve the full diploma, the course can be split over 2 or 3 years as part time study.

Special notes:
A first aid certificate is required prior to completion of the diploma.
NHS Certificate in Complementary Therapies; training the next generation of expert therapists

Providing complementary therapies within an NHS setting whilst very challenging, can be a most rewarding experience for the practitioner. At NHS Natural Health School, we understand how daunting this can be, and equally appreciate the concerns that many of our patients and clinicians have around the use of complementary therapies. To address this we have created a unique competency based programme to augment your learning as an ITEC student. You will complete the diploma training and assessments alongside other diploma students but will also attend supplementary training especially designed to give you the skills and experience needed to work effectively within an NHS setting.

The initial training will be a theory only day (PPCT2) on 18 March. This will be an Advanced Principles and Practices of Complementary Therapies Module, which focuses purely on clinical governance and the necessary mandatory training required for you to work safely within the clinical environment.

You will also be introduced to the competencies workbook which will contain tasks and a reflective journal for you to complete as you work through agreed clinical placements. Placements will be supervised clinical sessions, held both here at Harrogate District Hospital, and with some of our partners within nursing homes and clinics. There will be a total of 100 hours of placements spread over approximately 12 days. You will be supported and supervised by experienced senior therapists with many years of NHS experience, currently employed by our NHS Trust to care for our patients every step of the way!

Once you graduate as an ITEC qualified practitioner, you will be awarded your NHS endorsed complementary therapist certificate which not only supports your capability for employment within the NHS, but earns you the right to a place on our enhanced trusted provider resource list.

In order to be considered for the NHS certificate you will require an enhanced DBS check.

Already fully qualified but would like to attain the NHS certificate?

NHS Certificate in complementary therapies for those already trained to level 3

All you need to do is provide evidence of a level 3 qualification in Complementary therapy. You must have studied anatomy and physiology to at least level 3 as part of your qualification. You will also need to complete an enhanced DBS check. You will join our Advanced Principles and Practices module and complete 100 hours of practice placement and the competencies workbook as above. Once all of the placements and the workbook are complete you will receive your award.
Short Courses

Certificate in Palliative Care for Complementary Therapists

This course provides a foundation for complementary therapists from all backgrounds who would like to work with patients who have cancer, or palliative care needs. Comprising four theory days and a practical placement, you will meet and work alongside a wide range of professionals and experts within the field, including patients. A resource manual and workbook will be used to support lectures and the written workbook is submitted for summative assessment prior to gaining the certificate.

Course programme

Day One What is palliative care and what issues might working within palliative care raise for the practitioner, including advanced communication skills, self- care and care of the dying.

Day Two What is cancer? What are the most current treatments available and what are the impacts of treatments on the patient. There will be an emphasis on physical and psychological care and how complementary therapy might support the patient at this time.

Day Three Explores integrated practice and helps the learner to understand and devise tools to ensure that complementary therapies are used to maximum potential within specialised care.

Day Four Explores common themes in symptom management for the patient, including pain, digestive symptoms, fatigue and lymphoedema. There is an emphasis on care planning and adapting your skills to provide effective and safe care with the complex patient.

Practical placement; Involves supervised working with patients within SROMC and palliative patients within our partner nursing home.

Pre-Requisite

This course is suitable for practitioners from all disciplines with a minimum level 3 qualification in their therapy.

Please note you will require an enhanced DBS check to complete the practical element of this course.

On completion of each of the theory days and practice placement, you will submit your workbook with a short reflective essay on your development as part of the assessment prior to receiving your certificate. For those who wish to attend single days of the course a certificate of attendance will be issued.
Daoyin Tao Practitioner Course

Daoyin Tao (Pronounced Dow Yin Tow) is a unique blend of Chinese acupressure and western massage techniques.

It is an advanced energy massage of the shoulders, neck, ears, scalp and face. It is one of the therapies offered on our cancer unit, it works predominately to release stress and tension in these areas, it is helpful in relieving neck and shoulder pain, inducing deep relaxation and relieving problems such as headaches, sinus problems, poor sleep. Are you a practising Complementary Therapist or beautician, looking for something that will work in synergy with your reflexology, massage, reiki, or facial treatments? Why not contact us and find out more about this wonderful massage?

“The best massage I have ever received!”
Client comment

The course is open to practitioners who are qualified in anatomy and pathology and a body therapy, this includes those whose only therapy is reflexology. It is an FHT approved course.

Course programme

The four-day course is a combination of theory and practical. No special equipment is required. Substantial hand outs and work book will be provided. Case histories need to be submitted on completion of the course before certificates can be awarded.

- History of Daoyin Tao
- Uses and benefits
- Safety, precautions and contraindications
- Theory of yin and yang
- Chinese face reading in health terms
- Learning acupoints in the contact area and their uses
- How five elements may support treatments planning
- Practical work
**EMM-Tech; The Chameleon Approach to the Body**

The EMMETT Technique uses light touch to trigger a relaxation response in the soft tissue of the body, and the therapist may help relieve tension and pain resulting in feelings of improved comfort within the body. It may be enjoyed by people of all ages, from the very young to the elderly and many people find they feel more at ease within their body, and emotional well-being is enhanced. This internationally recognised technique developed by Ross works well as a standalone approach but can easily be combined with other complementary therapies such as massage and chiropractic as examples.

The EMM-Tech one day workshop offers everyone the opportunity to use pain relieving techniques that can either be incorporated into your therapy practice, or used to help relieve pain and movement restriction with family and friends. Taught over one full day, you will learn how to recognise and release tension in 11 muscle groups throughout the body. Results are often immediate.

Areas treated include;

- SCM for stiff neck
- Pectoralis Minor for shoulder problems
- Forearm for poor grip and elbow pain
- Latissimus dorsi for lower back pain and heavy arms
- Diaphragm for restricted breathing and stress
- ITB for tight hips and thighs
- ITB/Sartorius for poor flexibility and weakness in the legs
- Gastroc/calf for fluid and calf pain
- Foot balance to assist stability

This course is suitable for the absolute beginner, carers and for those interested in using muscle management techniques to help with general problems. CPD points are awarded by many of the professional associations for qualified therapists.
EMMETT Technique Practitioners Course

For those who wish to progress a full EMMETT Technique Practitioners course is available and involves attendance at 6 modules over a year with theory and practical assessments. Again, no previous experience is required and successful completion of the course and assessments allows the graduate to insure and practice as an EMMETT Technique practitioner.

Emotional Freedom Technique (EFT) Level 1 Foundation Workshop

This offers a thorough grounding in a very effective self-help tool.

EFT is a remarkable method of neutralising negative emotions that give rise to stress and contribute to physical pain and discomfort. The process is self-applied, painless and simple to learn, and the results are real and lasting.

By tapping with your fingertips on selected points along the energy meridian lines, like acupuncture without the needles, you can relieve stress and anxiety, increase motivation and even reduce cravings.

Upon completion of this workshop you will be able to use EFT for yourself and to help family and friends in a non-professional capacity. You will be able to relieve aches and pains and alleviate the effect of issues such as emotional tensions and stresses or disturbing thoughts and memories.

You will learn:

• The history, principles and development of EFT
• The science behind it
• Its application for fears, anger, phobias, grief, traumatic memories, food cravings, pain
• How to soothe physical discomfort, reduce anxiety and generally relieve the stress and distress out of everyday life

You will also participate in practical exercises including demonstrations, group and supervised pair work.

There is no pre-requisite to attend this workshop. It is equally suitable for people who wish to develop their resilience and capacity to help themselves and the professional nurse, counsellor, teacher, therapist who wish to expand their toolkit.
Upon completion of this two-day workshop, you will receive an AAMET recognised certificate of attendance. This foundational workshop is also the pre-requisite for progression to Level 2, the next stage for your own development and/or to become an AAMET accredited EFT practitioner.

Places are limited to eight participants.

Please note that this workshop is not a substitute for personal therapy.

**Continuing Professional Development (CPD)**

**Introduction to Complementary Therapies**

This workshop is an excellent way to start your journey into the world of Complementary Therapies. Covering aspects of Massage, Aromatherapy and Reflexology, we will give you all of the essential knowledge and skills needed to help you to choose the right pathway for you to develop.

A career in Complementary Therapy not for you? That's fine too, as you will pick up simple skills during the workshop to use at home with family and friends.

This is an ideal starting point for anyone considering a career in Complementary Therapies, giving you a unique insight into what further studies will involve. We hope you will thoroughly enjoy the day and feel inspired to take that next step and join one of our diploma programmes. No previous experience is required.

**Course programme**

The day will include both theory and practical elements and is split into 4 parts. The final short session of the day will focus on what to expect from a diploma level course.
Aromatherapy

- Brief introduction to history and concept
- 3 commonly used essential oils and their uses
- Mixing and blending
- How to use the oils; massage, inhalation, baths, products
- Safety information

Massage

- Brief introduction to history and concept
- Using a massage oil
- Practical demonstration and participation in simple massage technique
- Safety information

Reflexology

- Brief introduction to history and concept
- Reading and mapping the feet
- Demonstration and participation; Reflexology techniques
- Safety information

Further training

- The diploma courses, what to expect
- The core modules and assessments
- How to choose the right training school for you
- Questions and answers

Please wear loose, comfortable clothing on the day and bring along a pen and spare paper. Refreshments will be available throughout the day but please bring a light lunch.
Introduction to Complementary Therapies and Palliative Care (Choose from the 3 separate one day courses listed below)

There are around 2.5 million people living with cancer in the UK. This figure is rising all of the time with an estimated 1 in 2 of the population likely to be affected by cancer, and a predicted 4 million of us living with cancer by 2030! Given these statistics, Complementary Therapists are increasingly likely to come into contact with clients who either have cancer, or have survived cancer, during their day to day practice, yet many have received no training around the specific needs of this ever increasing population. The introduction to cancer series brings together the theory and clinical knowledge required to underpin practical training with patients.

What will the practical session include?

Patients will be carefully selected for suitability and invited to take part in the session. You will have the opportunity to make a thorough consultation, finding out what the experience of cancer is like for the patient before giving a short treatment. Don’t worry! You will be supervised throughout the process by one of our experienced therapists working regularly within the cancer unit.

Introduction to Aromatherapy and Cancer Care

What will I learn on the Day?

- Introduction to pathology of cancer, who is affected and how might they be treated
- Cautions and contraindications
- How essential oils may alleviate common symptoms for those with cancer
- Adapting treatments and applications
- Positioning of patients for treatment within a health care setting
- Consultation and assessment, what to look out for
- Practical session, assess and treat a patient with cancer under supervision
- Debrief and group feedback following a practical session within the cancer centre

Who is this workshop for? You must have a minimum of a Level 3 qualification in Aromatherapy.
Introduction to Massage and Cancer Care

What will I learn on the Day?

• Introduction to pathology of cancer, who is affected and how might they be treated.
• Cautions and contraindications.
• How massage may alleviate common symptoms for those with cancer
• Adapting treatments and applications for patients with cancer
• Positioning of patients for treatment within a health care setting
• Lymphoedema, what it is and what to do when you come across it
• Consultation and assessment, what to look out for, and what not to do!
• Practical session, assess and treat a patient with cancer under supervision
• Debrief and group feedback following a practical session within the cancer centre.

Who is this workshop for? You must have a minimum of a Level 3 qualification in Massage.

Introduction to Reflexology and Cancer Care

What will I learn on the Day?

• Introduction to pathology of cancer, who is affected and how might they be treated
• Cautions and contraindications.
• How reflexology may alleviate common symptoms for those with cancer
• Adapting treatments and applications
• Special point locations and techniques for cancer patients
• Positioning of patients for treatment within a health care setting
• Consultation and assessment, what to look out for, and what not to do!
• Practical session, assess and treat a patient with cancer under supervision
• Debrief and group feedback following a practical session within the cancer centre

Who is this workshop for? You must have a minimum of a Level 3 qualification in Reflexology.
Introduction to 5 Elements

The 5 Element principle underpins the unique relationship between all energy and matter; and forms the basis for Eastern Medicine and complementary therapies.

This workshop sets out to identify and underpin how embracing this eastern philosophy can enhance our practice and nurture those within our care.

“Heaven may well have a plan for us, a seed planted at conception within, but whether we have the will, the desire to activate what is in our hearts; to release our innate potential depends on what significance and belief structure we attach to our life’s experiences.”

The workshop is open to anyone but is particularly suitable for health workers and complementary therapists; and is especially relevant to DYT graduates and students. No previous experience is required.

Course programme

The day will focus on the theory of 5 Elements including the relevance of person centred relationships and the way assessing individual relationships to nature can be used to help fulfil potential.

Content will include:

- Theory of yin and yang
- The theory behind 5 Elements
- The three treasures
- Emotional and constitutional imbalances
- Internal and external causes of disease
- The relation to the physical body, organ ailments and sensory signs of health and illness
- Inner development of the practitioner
- Treatment plans within various modalities
Meridians Workshop

Meridians are the energy pathways attributed in eastern philosophy to be the life force which regulates all bodily functions.

It is thought that imbalance in energy sometimes chi, ki or prana, can lead to distress and disease. During this one day workshop you will discover how to recognise and correct imbalance to promote good health.

Course Programme:

- What is energy
- The 26 meridians and their locations
- Indicators of imbalance
- 5 elements and how the meridians resonate with everything around us
- How the meridians influence our moods and feelings
- The horary clock, and how time influences meridian behaviour
- How to correct imbalance, including palpating energy, releasing blockages, and dietary influence

This workshop is largely theory based but you will build a picture of your own meridian behaviour and have the opportunity to do some correction work in pairs. No previous experience is required.

Pain Management for Complementary Therapists

This workshop is for all Complementary Therapists and allied health professionals interested in the role complementary therapies can play in pain management.

Are you a practising Complementary Therapist who would benefit from a greater understanding of what pain is, why it occurs and how your therapy can facilitate better pain management for your clients. Maybe you already see great results with your clients but would like a deeper understanding of the science behind why complementary therapy can be so successful in pain management.
The workshop is open to practitioners and students from all disciplines of complementary therapy and no previous experience is required.

**Course programme**

The day is theory based. No special equipment is required. Handouts will be provided on the day.

- Introduction to pain concepts
- What is pain, how is pain defined
- How can pain be classified
- Nociceptive pain and neuropathic pain, how they differ and why they occur
- Pain assessment tools and evaluation
- Biomedical strategies in pain management
- Red flags and when not to intervene

**Exploring the role of complementary therapy**

- Cartesian medicine versus eastern philosophy
- Acupuncture, why it maintains NHS favour
- Hypnotherapy and mind centred techniques, why all pain is in the mind
- Reflexology and pain, how science can support its efficacy
- Massage, why a gentle touch is as effective in relieving pain as deep tissue massage
- Aromatherapy, why the limbic response is as essential as the chemistry
Reflexology and treatment planning

Many of the entrance courses for reflexology, have little time to focus on the aspect of treatment planning. We qualify and start working giving lovely relaxing treatments which are safe for our clients, as we have learnt a long list of contra indications. This workshop looks at these precautions and contra indications and pathologies and how we can adapt our treatments and come up with treatment plans which are both safe and more effective for our clients.

How is this course different to others?

We believe that practitioners require enhanced skills in order to provide care for not only the general public, but also the most complex of patients; including those with cancer. We are committed to providing enriched training for practitioners, which unlike other schools, encourages theory to underpin a practical element. Our courses can offer work placements within working hospital and allied health provider units with a focus on putting what you learn in the classroom into practice with patients, for those who are interested.

What will I learn on the day?

- What are contra indications?
- When should you proceed with caution?
- Reflecting on a selection of pathologies
- Adapting treatments and applications
- How emotions affect health
- Adapting treatments to aid emotional imbalances
- Consultation- finding out as much as you can
- Assessment of the treatment-Why this is so important?
- Practical session. Take a consultation, write a treatment plan and assess the outcome
- Case studies
Advanced Essential Oil Workshop

This workshop looks at the properties, chemistry, contraindications and uses of 16 essential oils and 2 carrier oils for advanced Aromatherapy use.

The workshop is suitable for all Aromatherapists interested in the expansion of the oils they currently use within practice. Participants must have a level 3 Diploma in Aromatherapy. The major focus will be on the use of oils in clinical practice and special indicators for their use and benefits.

The oils covered will include: * Clove * Camphor * Cinnamon * Coriander * Caraway * Hyssop * Manuka * May Chang * Melissa * Niaouli * Palmarosa * Pine * Ravensara * Sage * Tagetes * Tarragon * Hypericum carrier oil * Calendula carrier oil

Course Programme

- Introduction to the nature of the oil- Botanical name & plant family, Country of origin, Source and method of extraction
- Chemical constituents
- Therapeutic actions and conditions which benefit from its use
- Methods of application
- Safety data including cautions and contraindications
- Blending and recipes
- Supporting evidence and research
Physician Heal Thyself; Self-Care for Complementary Therapists

Self-care is crucial if we are to maintain good physical, emotional and spiritual health, yet many complementary therapists place this low on their list of their priorities, or see self-care as indulgence, leaving themselves at risk from injury, illness and burn-out.

Furthermore, some of the techniques used by complementary therapists can be seen as quirky or with no proven basis.

The focus of this one day workshop will be to explore the concept of self-care in greater detail, include the impact that self-care can have on your capability as a practitioner.

Gaining a deeper understanding of how the body and mind intertwine to create optimal health, and examining research into various strategies for self-care, will help learners to identify their own needs and create self-care plans.

“You, as much as anybody in the entire universe, deserve your love and affection.” Buddha

Course programme

The day is theory based. No special equipment is required. Handouts will be provided on the day.

- Why self-care matters
- Shared experiences of positive and negative impacts of a therapists work
- Physical, psychological and spiritual needs in self-care
- Transference and how to avoid its negative impact
- Maintaining physical health
- The importance of team work and how the solopreneur can manage support
- Whether you think you can, or think you can’t, you’re probably right! Realising thoughts to make them work for you
- The benefits of clinical supervision and reflective practice
- The science behind the bubble of light how visualisation techniques alter your immune system
- Writing a self-care plan
Teaching Team

At our NHS Natural Health School, we know that your progress is dependent on access to tutors who can inspire, motivate and support your development. We insist all of our tutors have the necessary qualifications and experience including

- A relevant teaching qualification
- Qualification in their therapy
- A minimum of two years’ experience
- Full portfolio demonstrating continued professional development
- Full insurance
- Membership of relevant professional associations and regulatory bodies
- Disclosure and Barring Service check
- Up-to-date first aid training

Gwyn Featonby. BSc (hons), LicAc, Dip Aromatherapy, Dip Reflexology, Dip MDHyp, Full Practitioner EMMETT.

Gwyn is a qualified adult and children’s nurse with a first class degree in Complementary Therapies. She holds qualifications in Clinical Aromatherapy, Clinical Reflexology, Medical and Dental Hypnotherapy, Acupuncture and EMMETT technique. Gwyn has been practicing complementary therapies for over 30 years and has extensive teaching experience which includes developing training programmes for universities.

Gwyn joins the team having previously set up and managed a private school developed within a hospice. Over 10 years her students have a 100% pass rate with the majority achieving merit or distinction. Her work has attracted a number of awards including the Cancer Nursing Society’s Most Innovative Practice award, and has been published in a number of journals and publications.
Julie Crossman. Cert Ed, Dip Holistic Massage, Dip Reflexology, HND Business Studies, MBSR, CThA, MFHT

Julie began her career as a sales and marketing consultant for Ulster Television. She trained as a Reflexologist in 2000 followed by a number of other complementary therapies including Daoyin Tao, Reiki and Bowen Therapy. Julie has extensive experience in both teaching and developing complementary therapy services.

She is currently Lead Complementary Therapist at Harrogate District NHS Foundation Trust, has a small private practice and is the local coordinator for the Federation of Holistic Therapists. Julie runs a varied range of workshops and CPD courses to support practitioners in their development once qualified. Julie joins the Natural Health School following a very successful eight years with a private school where she boasts a 100% pass rate with many of her students achieving merit and distinction.

Ann Whiteford. BSc (Hons), FCR ,TDCR, Dip. Aromatherapy, MCThA

Ann qualified as a diagnostic radiographer in 1970 and was Principal of the Cleveland School of Radiography between 1990 and 1996.

She was awarded the Honorary Fellowship of the College of Radiographers when she retired from the post in 1996.

Ann trained as an Aromatherapist in 1996, and has since been involved with a number of initiatives including providing clinical sessions within her own private practice, as aromatherapy advisor for BBC Radio Cleveland (now BBC Tees), and as a registered principal tutor with both ITEC and IFPA.

Ann has worked with a diverse range of both NHS and private patients and has extensive experience in oncology and cancer care. She provided aromatherapy and massage treatments for patients within the Holistic Care Centre at The James Cook University Hospital for many years. Ann joins us having moved from a private complementary therapy school where over the past 10 years she has a 100% pass rate with the majority of her students achieving merit or distinction.
Our Training Facilities

We are very proud to announce our partnership with the Brighterkind Granby Care Home, and Rudding Park Hotel and Spa, Harrogate. Theory and practical learning will take place across all three training environments (including Harrogate District Hospital).

Our unique emphasis is to offer training opportunities within the clinical environment, leading to a generation of highly skilled and confident practitioners able to offer a range of therapies to an increasingly complex population. Our mission is to develop a new generation of expert complementary therapists for the future.

We can do this as we are employed by the NHS and work in The Sir Robert Ogden Macmillan Centre (SROMC), part of Harrogate and District NHS Foundation Trust. The SROMC opened in 2014 and is a state-of-the-art day unit offering cancer treatments and supportive health and wellbeing services to people living with and beyond a cancer diagnosis. Theory and practice will be provided within the centre’s facilities and the Trust.

We will be running our level three diploma courses at the Granby Care Home venue. Students will study a mixture of theory and practical topics. Training will largely take place in the wellbeing suite and on occasion, additional rooms offering presentation facilities will be used.

As the courses develop and students reach appropriate competencies, clinically supervised practical sessions will be held within the care home for residents, as well as offering clinically supervised work placements to qualified students, once they have completed an agreed level of training and competency.

Many of our CPD courses will also be held in training facilities at Rudding Park Hotel and Spa. This venue offers not only a beautiful setting in a hotel voted the bests in the UK, but is also committed to improving the equity, accessibility and standards of complementary therapy care to patients affected by a cancer diagnosis.
We are incredibly proud and thankful to have the support of these two amazing partners, and feel very excited for the future of Complementary Therapies and their integration into NHS healthcare settings benefitting patients across the UK.

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www.nhsnaturalhealthschool.co.uk

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Please note that this is not an exhaustive course list.

Please check our website for new dates and courses available:

nhsnaturalhealthschool.co.uk

Email: natural.healthschool@hdft.nhs.uk

@nhsnaturalhealthschool

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